



# PUTTING THINGS INTO PERSPECTIVE

**TASK:** Teach your element the importance of putting things into perspective

**CONDITIONS:** Discussion – Question based

**STANDARDS:** Understand the importance of putting things into perspective

**REFERENCE(S):** <https://www.sft.army.mil>



# PUTTING THINGS INTO PERSPECTIVE

What is putting things into perspective?

(Ask Soldiers what they think a Thinking Trap is?) Then Discuss the definition.

Definition: The goal of Put It In Perspective is to lower anxiety so that you can accurately assess the situation and deal with it. It is **not** to pretend “all is well,” to deny real problems, or to take away anxiety completely.



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## To Put It In Perspective

1. Describe the **Activating Event**
2. Capture **Worst Case** thoughts
3. Generate **Best Case** thoughts
4. Identify **Most Likely** outcomes
5. Develop a plan for dealing with **Most Likely** outcomes



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## Key Principles

**Catastrophizing depletes energy:** Catastrophizing depletes energy, stops problem solving, and generates unhelpful anxiety.

**Order matters:** Stop Catastrophizing by capturing the Worst, then generating the Best—both of which help you to focus on the Most Likely.

**Develop a plan:** Once you are focused on the Most Likely, create a plan for dealing with the situation.

**Optimism:** Optimism is a primary target of PIIP.